## Building a Breakfast

A good breakfast is important. You need to be nourished so you feel good and are able to learn at school. Design a breakfast plan that is well-balanced, affordable, and appealing. Use a grocery store's website to choose specific products and include cost. Remember to include items from multiple food groups and a beverage!

Item	Brand	Food group	Nutritional benefit	Cost	

1. Wh	v did '	VOU (	choose	the	specific	items '	VOU	did
-------	---------	-------	--------	-----	----------	---------	-----	-----

2. Choose one of your breakfast items. What marketing buzzwords are on the label? Did these influence your decision?

3. Choose another of your items. Explain the farm to fork story of this item. How was it produced?